

BILLINGS

COPD / severe asthma

Summary: Maintenance inhalers and exacerbation events create recurring and sudden costs.

Main trigger: ER/hospital admissions, oxygen equipment, and repeat exacerbations.

Top actions:

- Today: Ask for least expensive covered inhaler options and refill timing rules.
- This week: Build an exacerbation prevention plan and verify equipment coverage.
- Ongoing: Keep a trigger log and follow maintenance plan to reduce crises.

Sources:

- COPD Foundation: <https://www.copdfoundation.org>
- CDC COPD: <https://www.cdc.gov/copd>